

2022-2023 学年上学期三校期末联考试题

高一英语

第一部分 听力(共两节,满分 30 分)略

第二部分 阅读(共两节,满分 50 分)

第一节(共 15 小题;每小题 2.5 分,满分 37.5 分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

London, with countless famous sites and all manner of food, drink, shopping, history, and culture, is definitely a wonderful city to visit.

Time Zone

Greenwich Mean Time during the winter, British Summer Time during the rest of the year (starting at Daylight Saving Time).

Best Time to Go

The best time to visit London overall is in spring, when the temperatures have warmed up, the sun has started to shine and London's gardens and parks are looking their best. However, the reality is that the best time to travel to London depends a lot on what you're looking for. If you're all about taking a look inside Queen Liz's palace, you'd better make it in summer, while winter is beautiful and festive for those looking to get their fill of Christmas markets and traditional cheer.

Things to Know

Londoners, and English people in general, have a much different manner of interacting with one another than Americans do while an American might think nothing of smiling at a stranger they pass on the sidewalk or asking about work in the first few minutes of a conversation, Londoners might consider it impolite or strange. Don't mistake this for unfriendliness ;it's just a cultural difference. Instead, talk about things like movies, TV shows, books, your travels, and the like, instead of work or family.

How to Get Around

Getting around London is unbelievably easy thanks to the well-maintained and extensive Underground. The Underground, unlike American transportation systems which often pay per ride or pay per length of trip, are paid in zones. Fare also varies based on time of day and the method you use to pay. It's worth getting an Oyster card to make your life that much simpler.

1. Where is this text most probably taken from?

- A. A survey. B. A travel journal. C. A research paper. D. A guidebook.

2. When is the best time to visit London for people who enjoy a lively atmosphere?
A. Spring. B. Summer. C. Autumn. D. Winter.
3. Which of the following is a suitable topic for starting a conversation with Londoners?
A. Daily entertainments. B. Future plans.
C. Personal relationships. D. Annual incomes.

【答案】 1. D 2. D 3. A

【解析】

【导语】这是一篇应用文。文章主要说明了游览伦敦的一些建议。

【1 题详解】

推理判断题。根据第一段“London, with countless famous sites and all manner of food, drink, shopping, history, and culture, is definitely a wonderful city to visit.(伦敦有无数的著名景点和各种各样的食物、饮料、购物、历史和文化，绝对是一个值得游览的好城市)”结合文章主要说明了游览伦敦的一些建议可推知，文章可能选自旅行指南。故选 D。

【2 题详解】

细节理解题。根据第三段中“If you’re all about taking a look inside Queen Liz’s palace, you’d better make it in summer, while winter is beautiful and festive for those looking to get their fill of Christmas markets and traditional cheer.(如果你想参观莉兹女王的宫殿，你最好在夏天去，而对于那些想在圣诞市场和传统欢乐中饱览一番的人来说，冬天是美丽而喜庆的)”可知，对于喜欢热闹气氛的人来说，游览伦敦的最佳时间是冬天。故选 D。

【3 题详解】

细节理解题。根据倒数第二段中“Instead, talk about things like movies, TV shows, books, your travels, and the like, instead of work or family.(你可以谈论电影、电视剧、书籍、旅行之类的话题，而不是工作或家庭)”可知，日常娱乐主题适合和伦敦人开始对话。故选 A。

B

Freshman year of high school is a big transition (过渡) for any student.

Luckily, you’re not the only person going through this. and plenty of others have made the transition before you too.

One of the ways in which high school is different from middle school or junior high the most is the higher expectations. You’ll find that you’re expected to keep closer track of your own schedule and responsibilities with fewer people checking up on you. At the same time, your classes are likely to become more challenging, and you might be participating in new school activities as well.

Some students find it hard to keep up with everything at first, which is totally normal. One way to prepare in advance for these higher expectations is to make sure that you have organized schedules in place before you start high school.

Another important skill for meeting these higher expectations is building a strong support network. No matter how strong a student you are, at some point you will need some help. Keeping healthy relationships with your friends and teachers is a great way to make sure that you have people who are willing to help when you need them.

Try to get to know at least some of your teachers beyond your classroom communication. Be an active learner during class and stay after class to ask questions. Take advantage of email or class messaging systems. The better your teachers know you, the better prepared they'll be to help when you need them.

It's important for you to keep in mind as you start high school that no one is perfect. Transitions are hard for everyone, and starting high school is a big transition. These challenges provide a great chance to reinvent yourself.

4. In the author's view, the biggest difference between high school and middle school is _____.

- A. different relationships
- B. the higher expectations
- C. high academic achievement
- D. the higher pressure

5. Which of the following suggestion is not mentioned in the text?

- A. Careful schedules.
- B. Healthy relationships.
- C. Using network information.
- D. Reinventing yourself.

6. Who is the article written for?

- A. Students in junior school.
- B. Teachers in high school.
- C. Students in senior one.
- D. Parents of high school students.

7. What is the best title for the text?

- A. How to Meet Your Teacher's High Expectations
- B. How to Become an Active Learner in High School
- C. What to Prepare to Keep up with Everything in High School
- D. How to Get Through the Transition of Freshman Year of High School

【答案】 4. B 5. D 6. C 7. D

【解析】

【导语】 本文是一篇说明文。文章阐述了高一时期对任何新生来说都是一个很大的转变，然后介绍了初中和高中的不同并对新的高中生活提出建议。文章旨在引导高一新生积极适应新环境，并且掌握正确有效的学习方法。

【4 题详解】

细节理解题。根据第三段第一句“One of the ways in which high school is different from middle school or junior high the most is the higher expectations.(高中与初中和初中最大的区别之一就是更高的期望)”可知，高中与初中最大的不同就是被给予的期望更高。故选 B。

【5 题详解】

细节理解题。根据文章第四段第二句中的“to make sure that you have organized schedules(以确保你有组织的时间表)”可知，高一新生需要有序地安排日程表，可排除 A 项；第五段第三句中的“Keeping healthy relationships with your friends and teachers(与你的朋友和老师保持健康的关系)”说明要和朋友、老师保持健康的关系，排除 B 项；由第六段第三句“Take advantage of email or class messaging systems.(利用电子邮件或课堂信息系统)”可知，学生可以利用电子邮件或课堂信息系统，排除 C 项。最后一段最后一句“provide a great chance to reinvent yourself(提供一个重塑自我的好机会)”可知，我们有机会重塑自己，与建议无关。故选 D。

【6 题详解】

推理判断题。根据最后一段“It’s important for you to keep in mind as you start high school that no one is perfect. Transitions are hard for everyone, and starting high school is a big transition. These challenges provide a great chance to reinvent yourself.(当你开始上高中时，重要的是要记住没有人是完美的。转变对每个人来说都很难，开始高中生活是一个巨大的转变。这些挑战提供了一个重塑自我的好机会)”可知，本文是写给刚刚开始上高中的高一学生的。故选 C。

【7 题详解】

主旨大意题。通读全文可知，文章第一段“Freshman year of high school is a big transition(过渡) for any student.(高中一年级对任何学生来说都是一个巨大的转变)”可知，高中一年级对任何学生来说都是一个巨大的转变，下文接着介绍了如何应对这一转变。由此可知，How to Get Through the Transition of Freshman Year of High School(如何度过高中一年级的过渡期)适合作本文最佳标题。故选 D。

C

Most of us want to get in shape and be healthy. For many of us nutrition (营养) and watching what we eat is an important way to stay healthy. But when it comes to food, what is calorie counting, and what are the positives and negatives of it?

A law in the UK came into force in April 2022 that requires restaurants, takeaways, and cafes to display the calorie information of non-pre-packed food and soft drinks on their menus. It’s a strategy

aimed to deal with obesity (肥胖) and give people a more informed choice of what goes down into their stomachs. Being able to count calories and know how much we can eat is a great way to try and stay on track with our diet.

However, there are some disbelievers when it comes to calorie counting. 200 calories of fresh fruit and 200 calories of junk food, for example cookies, have the same caloric value. However, there is a question of the health benefits of what you're eating, regardless of calories. While fresh fruit like apples contains things like vitamin C, junk food could contain an unhealthy level of sugar and fats. Likewise (同样地), fruit may fill you up and leave you not wanting more food for longer than a biscuit with equal calories - meaning, overall, you eat less.

Simply counting calories, while useful for weight loss, doesn't take into account your intake of good fats, carbohydrates, and proteins - things that your body needs. So, if you're trying to stick to a low-carbon diet, just looking at numbers of calories on a menu won't be that useful. So, always be mindful that what you're eating is part of a healthy balanced diet.

8. What's the aim of the newly-passed law in the UK?

- A. To ensure food security.
- B. To direct the food industry.
- C. To help reduce obesity.
- D. To get tough with the businessmen.

9. What opinion do disbelievers hold?

- A. Calorie alone doesn't contribute to health.
- B. Junk food has more calories than fresh fruit.
- C. Less calories mean less food in your stomach.
- D. Sugar and fats are more harmful than calories.

10. What's the text mainly about?

- A. The best way to keep in shape.
- B. A research result of obesity in the UK.
- C. Nutrition and its health benefit.
- D. Opinions and comments on calorie counting.

11. From which section of a magazine is this text most likely taken?

- A. Entertainment.
- B. Lifestyle.
- C. Finance.
- D. Education.

【答案】 8. C 9. A 10. D 11. B

【解析】

【导语】 本文是一篇说明文。文章主要介绍了考虑到健康问题，我们是否应该计算卡路里。

【8 题详解】

细节理解题。根据第二段“A law in the UK came into force in April 2022 that requires restaurants, takeaways, and cafes to display the calorie information of non-pre-packed food and soft drinks on their menus. It's a strategy aimed to deal with obesity (肥胖) and give people a more informed choice of what goes down into their stomachs. (英国一项法律于 2022 年 4 月生效，要求餐馆、

外卖和咖啡馆在菜单上显示非预包装食品和软饮料的卡路里信息。这是一种旨在应对肥胖的策略，让人们更明智地选择哪些食物进入了他们的胃。)”可知，英国新通过的这项法律的目的是帮助减少肥胖。故选 C。

【9 题详解】

细节理解题。根据第三段“However, there are some disbelievers when it comes to calorie counting. 200 calories of fresh fruit and 200 calories of junk food, for example cookies, have the same caloric value. However, there is a question of the health benefits of what you’re eating, regardless of calories. (然而，有一些人不相信计算卡路里。200 卡路里的新鲜水果和 200 卡路里的垃圾食品(如饼干)具有相同的热值。然而，不管卡路里多少，你所吃的东西对健康的益处是有问题的。)”可知，不相信的人认为热量本身对健康无益。故选 A。

【10 题详解】

主旨大意题。根据第一段“**But when it comes to food, what is calorie counting, and what are the positives and negatives of it?** (但说到食物，什么是卡路里计算，它的优点和缺点是什么?)”和最后一段“**Simply counting calories, while useful for weight loss, doesn’t take into account your intake of good fats, carbohydrates, and proteins - things that your body needs. So, if you’re trying to stick to a low-carbon diet, just looking at numbers of calories on a menu won’t be that useful. So, always be mindful that what you’re eating is part of a healthy balanced diet.**(简单地计算卡路里，虽然对减肥有用，但没有考虑到你摄入的有益脂肪、碳水化合物和蛋白质——你身体需要的东西。所以，如果你想坚持低碳饮食，只看菜单上的卡路里数量并没有那么有用。所以，一定要记住，你所吃的是健康均衡饮食的一部分。)”可知，这篇文章主要讲的是卡路里计算的必要性和它的不足之处，从而让我们读者明了该不该计算卡路里。即关于卡路里计算的意见和评论。故选 D。

【11 题详解】

推理判断题。根据全文可知，文章主要介绍了考虑到健康问题，我们是否应该计算卡路里，与健康生活有关，从而推断，文章最有可能是从杂志的生活方式栏目选取的。故选 B。

D

Rolling electric power blackouts afflicted(困扰) roughly 2 million California residents in August, 2020 as a heat wave gripped(影响) the Golden State. At the center of the problem is a state policy requiring that 33 percent of California’s electricity come from renewable sources such as solar and wind power, rising to a goal of 60 percent by 2030. Yet data showed that power demand peaks just before the sun begins to go down, when overheated people turn up their air conditioning in the late

afternoon. Meanwhile, the power output from California's wind farms in August was erratic.

California electricity grid operators warned that power shortages might become increasingly common when heat waves hit in the coming years. California still has some natural gas power plants that can be ramped up to(提高) supply energy when renewable supplies fail. "But some folks in the environmental community want to shut down all the gas plants," Jan Smutny-Jones, CEO of the Independent Energy Producers Association, a trade association representing solar, wind, geothermal, and gas power plants, said in August, 2020. "That would be a disaster. 60 percent of the power in the California Independent System Operator electricity network was being produced by those gas plants in this summer. They are your insurance policy to get through heat waves."

Union of Concerned Scientists analyst Mark Specht, by contrast, said that "The solution is definitely not more natural gas plants. Really, if anything, this is an indication that California should speed up its investments in clean energy and energy storage."

12. What can we learn from Paragraph 1?

- A. The population in California is growing rapidly.
- B. California is short of wind and solar power.
- C. People turn up their air conditioning all the day.
- D. The government required people to use more renewable energy

13. What is the meaning of the underlined word "erratic"?

- A. Unstable.
- B. Abundant.
- C. Changed.
- D. Increased.

14. What's Jan Smutny-Jones' attitude to shutting all the gas plants?

- A. Favorable.
- B. Disapproving.
- C. Objective.
- D. Doubtful.

15. What might Mark Specht agree according to the passage?

- A. More natural gas plants ought to be built in the future.
- B. Money should be invested in clean energy early.
- C. More energy should be produced in the summer.
- D. California government should carry out insurance policy.

【答案】 12. D 13. A 14. B 15. B

【解析】

【导语】这是一篇新闻报道。主要报道了2020年8月，一股热浪席卷加州，约200万加州居民遭遇轮流停电。问题的核心是一项州政策，要求加州33%的电力来自太阳能和风能等可再生能源，到2030年将这一目标提高到60%。

【12题详解】

推理判断题。根据第一段中"At the center of the problem is a state policy requiring that 33 percent

of California's electricity come from renewable sources such as solar and wind power, rising to a goal of 60 percent by 2030.”（问题的核心是一项州政策，要求加州 33% 的电力来自太阳能和风能等可再生能源，到 2030 年将这一目标提高到 60%。）可推知，从第一段中我们可以知道，政府要求人们使用更多的可再生能源。故选 D 项。

【13 题详解】

词句猜测题。根据第一段中“Rolling electric power blackouts afflicted roughly 2 million California residents in August, 2020 as a heat wave gripped the Golden State.”（2020 年 8 月，一股热浪席卷加州，约 200 万加州居民遭遇轮流停电。）说明民遭遇轮流停电。以及“Yet data showed that power demand peaks just before the sun begins to go down, when overheated people turn up their air conditioning in the late afternoon.”（然而，数据显示，电力需求在太阳开始下山之前达到峰值，这时体感温度过高的人们会在下午晚些时候打开空调。）讲的是人们都会打开空调，导致用电负荷，发电量不稳，故可猜测 erratic 为“不稳定的，不规则的”意思，结合选项 A 项 Unstable“不稳定的”意思一致。故选 A 项。

【14 题详解】

推理判断题。根据第二段中“‘But some folks in the environmental community want to shut down all the gas plants,’ Jan Smutny-Jones, CEO of the Independent Energy Producers Association, a trade association representing solar, wind, geothermal, and gas power plants, said in August, 2020. ‘That would be a disaster. 60 percent of the power in the California Independent System Operator electricity network was being produced by those gas plants in this summer. They are your insurance policy to get through heat waves.’”（2020 年 8 月，代表太阳能、风能、地热和天然气发电厂的行业协会——独立能源生产者协会的首席执行官 Jan Smutny-Jones 说：“但环保界的一些人想关闭所有的天然气电厂。”“那将是一场灾难。今年夏天，加州独立系统运营商电网 60% 的电力都是由这些天然气厂提供的。它们是你度过热浪的保险单。”）可推知，Jan Smutny-Jones 对关闭所有的天然气厂持不赞成的态度。故选 B 项。

【15 题详解】

推理判断题。根据最后一段“‘Union of Concerned Scientists analyst Mark Specht, by contrast, said that ‘The solution is definitely not more natural gas plants. Really, if anything, this is an indication that California should speed up its investments in clean energy and energy storage.’”（相比之下，忧思科学家联盟的分析师 Mark Specht 说：“解决办法肯定不是建造更多的天然气工厂。事实上，这是一个迹象，表明加州应该加快在清洁能源和能源储存方面的投资。”）故推知，根据文章，Mark Specht 会同意应该尽早投资清洁能源。故选 B 项。

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项,选项中有两项为多余选项。

For most Americans, the weeks between Thanksgiving and New Year's Day are a time when we're eating more than we should. 16 The problem wasn't really the small weight increase but that study participants never lost what they put on during the holiday season.

So, how do you avoid gaining weight without missing out on the holiday fun? There are several small changes we can make.

We have to make time to exercise. With all the shopping that needs to be done and the holiday get-togethers, the first thing cut out of our schedules is often exercise. 17 Exercise not only burns off those holiday treats, it reduces our stress as well.

18 Allow yourself to enjoy the foods you really love, but choose wisely and watch your portion (份额) size. If you've looked forward to Aunt Sally's Christmas cookies all year, have one. Mindful eating is the key. Take a small portion of your favorite dessert or high-calorie dish and then enjoy it.

Try never to go to a holiday celebration hungry. When you are really hungry, you tend to eat more than you normally would. 19 Then you'll find it easier to control how much you eat.

Weigh yourself at least once a week on the same day, at the same time and on the same scale (称). It's important to keep in mind that our weight can change because of salt intake or other factors.

20

- A. Mind your table manners while eating.
- B. You don't need to give up all of the holiday goodies.
- C. However, knowing your weight helps to keep you on track.
- D. Have a high-fiber, low-calorie snack before attending a party.
- E. A study found participants gained just over a pound during this time.
- F. Instead, this is the time we should put working out at the top of our to-do list.
- G. Researchers suggest people eat smaller meals more times during the course of the day.

【答案】 16. E 17. F 18. B 19. D 20. C

【解析】

【导语】 本文为一篇说明文。假期是人们放松的时候，也是容易长胖的时候，文章介绍了既享受了假期又品尝了美味且体重不增加的建议。

【16 题详解】

根据上文“*For most Americans, the weeks between Thanksgiving and New Year’s Day are a time when we’re eating more than we should. (对大多数美国人来说，感恩节和新年之间的几周是我们吃得太多的时候。)*”可知，吃的多会导致体重增加，E项“*A study found participants gained just over a pound during this time. (一项研究发现，参与者在这段时间内体重增加了1磅多一点。)*”，其中的 *during this time* 指代上文的 *the weeks between Thanksgiving and New Year’s Day*，上下文语意衔接连贯顺畅。故选 E 项。

【17 题详解】

根据上文“*We have to make time to exercise. With all the shopping that needs to be done and the holiday get-togethers, the first thing cut out of our schedules is often exercise. (我们必须挤出时间锻炼。有那么多要买的东西，还有假期聚会，我们的日程表上被删去的第一件事往往就是锻炼。)*”可知，因为活动多，锻炼被忽视；F项“*Instead, this is the time we should put working out at the top of our to-do list. (相反，这段时间我们应该把锻炼放在待办事项的首位。)*”，F项与上文为转折关系，下文“*Exercise not only burns off those holiday treats, it reduces our stress as well. (锻炼不仅能消耗掉假日的零食，还能减轻我们的压力。)*”，下文解释了“把锻炼放在待办事项的首位”的意义，F项在此承上启下，上下文衔接连贯顺畅。故选 F 项。

【18 题详解】

根据下文“*Allow yourself to enjoy the foods you really love, but choose wisely and watch your portion (份额) size. (允许自己享受你真正喜欢的食物，但要明智地选择并注意你的份额。)*”可知，作者认为真心喜欢的食物，可以适当吃一点；B项“*You don’t need to give up all of the holiday goodies. (你不需要放弃所有的节日美食。)*”，与本段意思一致，可做本段主旨句。故选 B 项。

【19 题详解】

根据上文“*Try never to go to a holiday celebration hungry. When you are really hungry, you tend to eat more than you normally would. (尽量不要饿着肚子去参加节日庆祝活动。当你真的很饿的时候，你往往会吃得比平时多。)*”可知，作者建议去参加活动中前，在家里先吃点东西，以防活动中吃得过多；D项“*Have a high-fiber, low-calorie snack before attending a party. (参加聚会前吃点高纤维、低热量的零食。)*”与第一句意思相同，下文“*Then you’ll find it easier to control how much you eat. (然后你会发现控制你的食量会更容易。)*”，下文承接了 D 项，阐述了聚会前吃点食物的好处，上下文语意衔接连贯顺畅。故选 D 项。

【20 题详解】

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/416012222104011004>